

Discussion Guide

Being Empowered for a Healthy Heart

By Phoebe Chi, MD, MPH

1. Which part or parts of the different book chapters resonated with you and why?
2. What tools did you try for at least two weeks? How'd it go? If you were successful using a tool, what helped you succeed? If you were not successful, why? Would you want to tweak your use of the tool and try again? Why or why not? If you didn't try a tool, what might your next step(s) be?
3. What do you think of the strategy of visualizing how you would incorporate each tool into your daily life before you tried it? Did you try visualization? If so, how'd it work for you? If not, what stopped you from trying it?
4. Describe the types of reminders you used to keep yourself on track as you tried a new health tool.
5. The author suggests readers incorporate three exercises shared at the end of each chapter: the self-test question, health management activity and the weekly action plan. Which of these exercises did you find most helpful and why? Were different exercises more or less helpful depending upon the chapter topic? If yes, why might that be so?
6. Who is a member of your support system team? In what ways are these trusted people helping you reach your goals for a healthier heart?
7. After finishing the book, what changes have you made for better heart health? What next steps have you considered taking?

